Interpretation of Interview 6

Tara is clear that mindfulness is useful to her and has been part of her being able to deal with her life better. For her mindfulness is about carefully focusing on one thing. She prefers to focus on a activity and has mixed feelings about more silent/passive mindfulness exercises. She draws a distinction between doing an activity in the normal way and doing it mindfully. The difference for her is about the focus which stops her thinking about things.

The mindfulness has the effect for Tara of changing the way she thinks. Instead of being caught up in thinking about the issues in her life she is able to chose what she will think about. This has the effect of her feeling calm – of not getting wound up.

Tara is unsure why mindfulness has made a difference for her. She seems at ease with not knowing why mindfulness helps her. She knows that she initially found the mindfulness strange and felt thrown in the deep end with doing the exercises. Tara thinks that she happened to be ready for mindfulness when it came along and believes that people have their personal timing for being able to make use of help. However, she would have liked to have the opportunity to experience mindfulness a few years earlier.

Tara does not remember any of the theory around the mindfulness that was taught but she is not concerned by this. Tara states that she has understood mindfulness through he experience of doing mindfulness. She therefore thinks that the repetition of mindfulness in every group was really helpful. Tara talks about a process of stepping back from her life for a bit or zoning out. After she has done this she feels in a better position to deal with her problems. Tara notes that the bigger the problem the longer she needs to spend being mindful to get the same calming effect . Tara also notices that she will be mindful in everyday life where she will give her focus completely to her task i.e. course work or cooking